

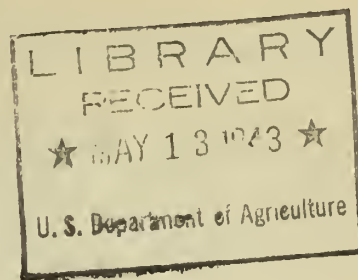
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# 65 ways to stretch your meat ration

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## U. S. DEPARTMENT OF AGRICULTURE

America's meat supply this year is the largest in our history. But it must feed more people than ever before--our armies, our Allies, ourselves. We must make sure our armed forces and Allies get meat--enough and on time.

To assure this essential for victory, a Government order limits the amount of meat delivered to civilians. Under the ration program, families who have used meats more generously in the past need to adjust menus carefully now.

The amount of meat each of us receives will depend on how wisely we spend our ration stamps--and how carefully we prepare and use the meat we buy. This leaflet will help you make the most of your share of America's meat supply.

### Tell your neighbors about CONSUMER TIME

It helps protect your family in war-time by presenting facts of Government research on

Food rationing	Food buying
Low-cost meals	Conservation
Home management	Nutrition

and other practical tips on wartime living.

Tell your neighbors how CONSUMER TIME helps you get your money's worth when you go to market.

Tell your neighbors to listen to

CONSUMER TIME

NBC, every Saturday, 12:15 EWT

(CONSUMER TIME is available to your local NBC radio station.)

## Your meat can stretch-adjust meal plans

Meat supplies six main food values in goodly amounts:

PROTEIN of good quality  
IRON  
PHOSPHORUS  
NIACIN ) Three of the B vitamins  
THIAMINE )  
RIBOFLAVIN)

If you have been relying heavily on meat for these, make sure the meals you serve using less meat will supply ample amounts of the same food values.

For good protein, the B vitamins, and phosphorus--call on poultry, cheese, milk, eggs, fish, dried beans and peas, lentils, soybeans, and peanuts. Excepting milk, fish, and cheese, these are also good sources of iron. For the B vitamins and iron, stress also whole-grain and enriched cereals and bread. Green leafy vegetables are rich sources of iron.

*"Meat  
is a great food weapon  
in this war"*

CLAUDE R. WICKARD

Chairman, Food Requirements Committee,  
War Production Board

## Make good use of all you get

Get the most from every bit of meat you buy. Fight seen and unseen wastes-- from butcher's block to table.

1. BE OPEN-MINDED about using different cuts and kinds of meat. Try new ones. Key your purchases to what the market offers.
2. KNOW YOUR CUTS -- and the best uses for each cut.
3. KNOW WHAT MEAT GRADES stand for.
4. PUT UNCOOKED MEAT IN A REFRIGERATOR or other very cold storage space if you keep it longer than a few hours. Cooked meat also needs careful storage. Ground meat, cooked or uncooked, needs colder storage than unground, cannot be kept so long.
5. COOK MEAT THE MODERN WAY--at moderate heat until done and no longer. This keeps cooking losses low, and the meat is more juicy and tastes better.
6. COOK ACCORDING TO CUT and fatness. Roast or broil a tender cut-- in an uncovered pan with no water added. Give tough meat long, slow cooking in a covered pan with water or steam. Or grind tough cuts and cook as tender meat.
7. VARY THE SEASONINGS, especially when you use the same kind of meat often. Try a little onion, tomato, or green pepper-- a dash of herbs or spices--to give a different taste.
8. SAVE all left-over meat, drippings, and gravy. Learn thrifty and tasty ways to use them.

## Spread meat flavor

Spread out the good meat flavor in more meals by mixing meat with bulky, mild-flavored foods. Try cereals, bread, vegetables, sauces as "meat extenders."

9. LOAVES AND PATTIES. Bind well-seasoned raw meat with boiled rice-- bread crumbs-- white sauce--mashed potatoes--cooked corn meal, oatmeal, cracked or whole wheat. Mold into patty cakes for quick top-of-stove cooking--or loaves for oven baking.
10. MEAT PIES--family size or individual. Top a stew with pastry, biscuit rounds, mashed potatoes, or corn-meal mush.
11. SOUPS AND CHOWDERS -- Add pearl barley,

macaroni, cracked or whole-grain wheat, spaghetti, or noodles to soups and chowders made from meat trimmings and bones. For more variety, add vegetables and a pinch of herbs.

12. STUFFINGS -- Make well-seasoned stuffing to "space out" a boned roast, a pair of spare-rib sections, or small strips of meat for braised "birds."

13. MEAT SAUCE -- Brown ground raw meat season with onions, peppers, tomatoes. Serve over cooked macaroni, spaghetti, noodles, rice, potatoes.

14. FOR BARBECUE SAUCE, simmer soup bones, tomatoes, and seasonings both hot and spicy-- such as garlic, green peppers, bay leaf--in water to cover. Cook several hours, let set overnight, skim off fat, strain. Serve hot.

15. CROQUETTES -- Season ground cooked meat. Bind with boiled rice, mashed potatoes, white sauce. Shape. Fry or bake.

16. BAKED STUFFED VEGETABLES-- Use same type mixture as for croquettes to stuff peppers, tomatoes, potatoes, eggplant, onions.

17. SOUFFLES -- Mix ground cooked meat, bread crumbs, white sauce, seasoning, well-beaten egg yolks, folded-in beaten egg whites. Bake in cups or dish set in a pan of water in a moderate oven.

18. CREAMED MEAT--Add chopped or ground cooked meat to milk sauce. Serve as shortcake filling for hot biscuits..or pour over bread, toast, waffles, potatoes boiled rice, or macaroni.

19. HASH -- Mix chopped, or mashed cooked potatoes with chopped or ground meat. Season to taste and fry in cakes or in one big layer.

20. SCALLOPED MEAT -- Fill a baking dish with layers of chopped cooked meat or meat stew and cooked noodles, hominy, macaroni, or cooked vegetables. Pour sauce over all, top with bread crumbs, and bake.

21. BAKED WITH VEGETABLES OR FRUIT--Put layers of sliced cabbage and apples in a baking dish, lay fried sausage cakes on top, cover and bake until cabbage and apples are tender.

22. SANDWICHES -- For the lunch box, give a "different" taste to meat by adding catsup, chili sauce, chopped pickle, thin slices of mild onion.



23. SALAD-- Combine cooked macaroni, potato, or other vegetables, with cooked chopped meat, and salad dressing, and serve with lettuce, cress, or cabbage.

24. CHOP SUEY--Curry and other meat-stretching specials are in many cookbooks.

## *Get acquainted with variety meats*

These meats usually are richer in iron than the muscle meats--some are extra good sources of one vitamin or another. In protein, they rate about the same as muscle meats.

25. LIVER-- Fry at moderate heat long enough to change the color. Don't over-cook.

26. KIDNEY--Broil tender kidneys. Make stew of less tender kidneys.

27. HEART -- Simmer long and slowly. Serve with onion gravy made from the stew broth. Season well.

28. FILL A HEART with tasty stuffing, cook in a covered baking dish with water added.

29. TONGUE--Simmer, serve sliced, hot or cold, or "extended" with white sauce.

30. SWEETBREADS -- Simmer till tender. Cool in broth. Cream cooked lobes and serve over toast or in patty shells.

31. BRAINS--Precook in simmering water. Dip in an egg-and-milk mixture, then in bread crumbs and fry.

32. SCRAMBLE cooked brains with eggs.

33. TRIPE-- Simmer tender in water. Cut in slices, dip in batter, and fry.

34. SPLEEN AND LUNGS-- Simmer, then use in stews. Lungs go well with heart in stews and loaves.

## *Serve poultry--it's not rationed*

Chicken, turkey, duck, goose, squab, guinea--all make excellent main dishes.

35. YOUNG, TENDER, POULTRY--Broil plump young birds at moderate heat. Turn from time to time. Baste frequently.

36. FRY plump young birds in shallow or deep fat.

37. STUFF and roast young well-fattened poultry. Keep oven temperature moderate.

38. OLDER BIRDS or lean young poultry--Stuff and braise in a covered roaster.

39. OLD, TOUGH BIRDS -- Stew or steam to make tender. Cool in broth.

40. PLUS DUMPLINGS OR NOODLES--Cook dumplings or noodles in a gravy made by thickening broth from stewed chicken.

41. CREAM and season stewed poultry cut from bones. Serve with rice, noodles, in patty shells, or crisp toast or waffles.

42. COOK GIBLETS tender in a little water or broth. Thicken slightly. Serve piping hot with potatoes, toast, or rice.

## *Use fish and shellfish*

If fresh, salt, smoked, or frozen they take no ration stamps. Buy fish and shellfish of local varieties when possible and don't be shy about trying new kinds.

43. FRESH FISH -- Bake, boil, or fry fish at moderate heat.

44. COOKED FISH stripped from the bones is good in cakes, scalloped dishes, loaves, croquettes, chowders, salads. Space it out with rice, mashed potatoes, spaghetti, white sauce.

45. SALT OR SMOKED FISH -- When and if available. These may be used in most of the same ways as fresh fish--except that it is necessary to soak or parboil the fish first to remove part of the strong salt or smoke taste.

46. OYSTERS AND CLAMS--Serve in stews or chowders....Try clams chopped fine, mixed in fritter batter, fried in well-flavored fat... Dip oysters in egg and crumbs and fry. Scallop oysters with cracker crumbs, with rice or other bulky food....Heat oysters, then season, cream, and serve on buttered toast.

47. SHRIMP AND CRAB -- Serve in salad..Try shrimps boiled in hot tomato sauce, French fried, or plain boiled, then dipped in a cold sauce...Crabs are good steamed, scalloped, made into small flat cakes.

## Choose cheese -

### *the unrationed kinds when you can*

Call on cheese...eggs...dried beans...peanuts...soybeans. Like meat, these foods all make a good basis for stick-to-the-ribs dishes around which to build a meal. They all contain protein, plus one or more of the other food values found in meat--and usually extra food values of their own.

48. Make it **EGGS AND CHEESE** in fondues and souffles.

49. **MELT AMERICAN CHEESE** in white sauce.... pour over cooked macaroni, spaghetti, or noodles for a hot casserole dish. Use this same sauce for vegetable dishes.

50. For a **RABBIT**, combine grated American cheese, white sauce, egg. Serve over toast or bread.

51. **SERVE COTTAGE CHEESE** "asis," seasoned to taste--and in salad and sandwiches.

## *Eat eggs*

52. **SERVE EGGS** as eggs -- soft-cooked, hard-cooked, deviled, poached, fried, baked, scrambled. For best results keep heat moderate when you cook eggs.

53. For a **HEARTY BAKED DISH**, mix hard-cooked eggs, cheese sauce, macaroni, or spaghetti, and top with bread crumbs.

54. For **EGG SANDWICHES**, combine sliced hard-cooked eggs with salad dressing...Mix scrambled eggs, hot or cold, with catsup or tomatoes... Fry an egg firm.

55. Make a **CORN PUDDING** from beaten eggs, cooked corn, milk, and seasonings.

## *Dried corn and peas*

56. For **PLAIN COOKED** beans, soak, simmer slowly in a covered pan. Flavor with something salt, sour, fresh, crisp, bright or spicy.

57. For **BETTER BEAN SOUP**, add finely chopped peanuts...tomatoes...carrots...or just a little crisp bacon, chipped beef, cooked sausage.

58. **Hearty bean SANDWICH FILLINGS** -- Combine baked beans with onion, pickle, relish, or

catsup...Moisten with salad dressing...Combine chopped peanuts and baked beans.

59. For a **LOAF OR CROQUETTES**, mix chopped roasted peanuts with carrot or other chopped vegetables. Bind together and shape.

60. Vary peanut-butter **SANDWICHES** with chopped crisp vegetables such as carrot or onion. chopped dried fruit...jelly, jam, honey..... catsup, chili sauce...salad dressing....chopped pickle...hard-cooked eggs.

61. Thicken hot milk with peanut butter for a sauce for scalloped or creamed rice, macaroni, potatoes, and other vegetables.

## *Soy beans*

62. Cook dry soybeans and serve in practically the same ways as any other dry beans.

63. **PRESS COOKED DRY SOYBEANS** through a coarse sieve or grind in a food grinder for pulp to make soup, croquettes, loaves, souffles.

64. Use **COLD SOYBEAN PULP** as filling for sandwiches. Mix with chopped onion and enough salad dressing or milk to make it easy to spread.

65. **COOK GREEN** soybeans in the pods or out. Eat as a vegetable hot--serve as a salad cold--combine in scalloped dishes.



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